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## Down and dirty



JULIE JOCSAK/STAFF PHOTO

Dirty but determined to go on, Mudfest participants brave the elements and man-made obstacles at Bissell's Hideaway on Saturday. See story on page 2.



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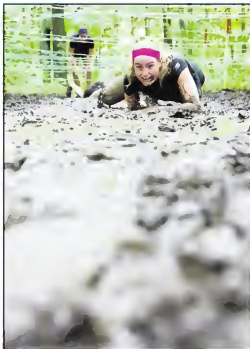
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# UPFRONT

## FUNDRAISER



A team makes their way through the obstacle course during Pelham Mudfest Challenge.



PHOTOS BY JULIE JOCSAK/QMI AGENCY NIAGARA

A Mudfest participant crawls through one of the last, and probably muddiest, obstacles on the course.

# Mudfest helps woman conquer her fears

DAN DAKIN  
QMI Agency Niagara

What Frank Adamson promised, Mother Nature delivered.

The organizer of the Pelham Mudfest Challenge at Bissell's Hideaway on Meder Rd. said the second edition of the fundraiser for Pelham Cares would be muddier than the inaugural edition in

the spring.

On Saturday — the morning after heavy downpours hammered Niagara — close to 120 participants found out just how true to his word Adamson was.

The expanded six-kilometre course included 17 obstacles ranging from chilly pond crossings and mud pits to a five-metre-tall log wall that had to be conquered.

For 55-year-old Jan Reid, it was her own fear that was conquered.

"This is a milestone for me. I am scared of heights, and I actually did it," said Reid. "This is just bucket list stuff. I can't believe I actually did it."

Running the event with a fitness group from Fonthill, the mother of two found herself facing her fears at the

top of the log wall.

"I just said to myself, 'I came out here to do this and I have to do it. I have no choice.' And it's a real team effort. The group is there for you," she said.

Reid plans to take part in the 2015 Mudfest Challenge, which will only be held in the spring this time, according to Adamson.

"There's a lot of stuff going

on in the fall," he said. "We're going to go once a year."

"We did the spring as a trial, thinking fall would be the one we would do. But we've already decided we're just going to do the one in the spring."

Adamson said the earlier event this year drew about 170 people, and he expects an annual spring event will attract students from Brock

University and Niagara College, in addition to local residents.

"We're just going to keep growing this thing," he said.

The two events this year raised approximately \$10,000 for Pelham Cares' Home for Good fundraising campaign.

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# LOCAL NEWS

## BUILDING

# Fonthill businesses working on development plans

DAN DAKIN  
QMI Agency Niagara

More development is being planned for downtown Fonthill.

While the massive east Fonthill development continues to move forward at the corner of Rice Rd. and Hwy. 20, a pair of local businesses are making their own plans for a new home.

A site plan application was recently approved by Pelham town council that clears one hurdle to allow the 2,000-square-foot building at 15 Hwy. 20 E. to be replaced by a commercial and residential building.

For the past 19 years, the building has housed Panda Chiropractic and Contour Foot Care, businesses owned by the husband-and-wife duo of Richard and Tia Taylor. There's also a single apartment above the businesses.

"We've wanted to put a new office in for a long time," said Richard Taylor, whose wife is the owner of the property.

Taylor said he was reluctant to get into details of what's planned because they haven't reached the final design stage yet.

"This is in its preliminary stages. It has literally been years to get to site plan. These wheels move very slowly," he said.

What is known is the new building would have first-floor commercial space

for the two existing businesses and additional businesses. There would also be two floors of residential units, but Taylor said it hasn't been determined if that will be made up of rental or condominium units. Underground parking is also planned.

Taylor said the decision to build a new building isn't related to other developments in Fonthill, but simply out of a need to replace an aging building.

Still, Pelham Mayor Dave Augustyn said he takes it as a positive sign that businesses are taking advantage of financial incentives made available through a community improvement plan a few years ago.

"The incentives we put in place encourage development in the downtown area," he said.

Businesses can apply for incentives ranging from tax breaks for new developments to up to \$12,500 for facade improvements on existing buildings. There are also municipal and regional tax incentives for downtown residential developments.

"We heard loud and clear: people want a vibrant downtown," Augustyn said. "People living there allows businesses to thrive."



DAN DAKIN/STAFF PHOTO

A van drives past the building at 15 Hwy. 20 E. in Fonthill. The property owners want to replace the aging building with a three-storey mixed-used commercial and residential building.

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## COMMENT

# Catholic schools on slow march to extinction

GRANT LAFLECHE  
QMI Agency Niagara

You have to give Catholic school boards in Ontario props for being consistent. You know, in the same way that Wile E. Coyote is consistent, no matter how many times he falls off that cliff or runs headlong into a stone wall, he still gets up and tries to eat that bird.

But in as much as titling at windmills can be admirable, there does come a point when Quixotic behaviour simply results in taking giant fan blades to the face.

By way of a for instance, consider the case of Peterborough teacher Paul Blake, recently disciplined by the Catholic high school he taught at because he told his students about an Ontario Superior Court ruling stating Catholic schools — as publicly funded institutions — cannot force students to take religious studies.

Catholic schools are increasingly under pressure to wake up and join the 21st century. Kept alive by the dusty British North America Act, they are rapidly losing

relevance and keep ending up on the wrong side of high profile issues.

A growing number of parents, whose children go to a Catholic school largely because it is the closest, or only, public school within reach, don't want their children taking Catholic dogma classes. They understandably would rather their kids stayed focused on academics.

Catholic school boards, as you might expect, don't agree.

In April, the courts told the schools' students can be exempt if their parents wish it.

The Catholic boards reacted by jumping into head, pulling their blankets over their heads and pretending the court ruling doesn't exist.

They're trying to get around the court ruling by using a half-baked argument that if you selected to support Catholic schools on your property taxes, you cannot exempt your kid from religious classes.

Apparently, they forgot the old system of paying for separate schools through property taxes died in 1980.

Catholic schools are paid for by the

Ministry of Education using general tax revenues. Which is why the argument, "If you don't want to attend Catholic classes, don't go to a Catholic school," is a completely impotent one. If these schools were privately funded, like every other sectarian school in Ontario, that argument would work. But they are not. Hence the court ruling.

No one is saying they cannot have their religion classes, they just cannot force students to take them. Such is the price of accepting public dollars.

Parents are up in arms and waiting for Liz Sandals, our timid minister of education, to do something. So far she has refused to discuss the issue with the press.

All of which brings us back to back to Mr. Blake. Given the court ruling and the number of news stories about it, he thought it prudent to discuss the issue with his students. When he asked his principal how he ought to approach it, he was told never to discuss it.

Because, you know, the hest and most responsible way to handle things is to pre-

tend they aren't happening.

Blake was laid off as a "surplus" teacher a few weeks later and, since he was being let go, decided to tell the students about the ruling. He promptly received a formal disciplinary letter because he "undermined the vision and mission of the board."

He has since found work in England.

The Blake affair is a mess: school boards defying the courts, a teacher being told to mislead students by omission, and a government refusing to step up and do what must be done.

If Catholics school boards have any hope of remaining relevant they have to realize their existence is not assured. The BNA Act allows for them, but it is not a guaranteed right like freedom of speech. It's been changed elsewhere in Canada, and can be changed here.

At some point, they are going to have to realize the days of separate schools being treated with kid gloves are over and if they continue down this sort of road, they will not protect their school boards but push them closer to extinction.

## Shipwrecks — Pearl Light

SKIP GILLHAM  
For QMI Agency Niagara



The *Pearl Light* was in the twilight of its career when it came through the St. Lawrence Seaway for one trip in 1965.

The vessel had been built at Sunderland, England, and launched for the British Ministry of War Transport on Aug. 14, 1943, during the height of the Second World War.

Originally the *Empire Duchess*, the ship was sold after the war and had four subsequent names, all for ocean trading, before becoming *Pearl Light* in 1964. During its visit to the Great Lakes in 1965, the flag of Hong Kong was flying on the stern of the 136-metre-long steamship.

The final name of *Habib Marika* was given in 1966 but the ship did not finish 1967. While crossing the South China Sea on Nov. 3, 1967, the engine failed during Typhoon Emma. The 24-year-old freighter, carrying a cargo of bagged cement, was at the mercy of the wind and churning seas. The vessel was on a voyage to Chittagong, Bangladesh, when it ran into trouble under these awful conditions. The ship was driven ashore on one of the Paracel Islands the next day and became a total loss. One member of the crew was lost but the other 43 sailors were rescued by landing craft launched by the crew of the U.S.S. Navaro.

PHOTO CREDIT: HARRY STOTT PHOTO



## Monster of Merrittville



PHOTOS BY DAN DAKIN/QUI AGENCY NAGARA

The monster truck Krazy Train, from Hamburg, N.Y., jumps over some wrecked cars during a demonstration on the final day of racing at Merrittville Speedway in Thorold Sunday afternoon.



## Did You Know that Your Heart is Connected to Your Bones?

Why are so many Canadians plagued by a lack of calcium in their bones (osteoporosis) yet suffer from excess calcium in their arteries (atherosclerosis)?

This is known as the "calcium paradox". Quite recently, medical researchers established the connection between these two health conditions. Vitamin K is a group of fat-soluble vitamins long known for their role in blood clotting. It had always been thought that deficiencies of vitamin K were rare. We thought they were almost unheard of. We were wrong.

Studies show that vitamin K deficiency in bone and blood vessels exists frequently in many adults. At the same time the discovery of vitamin K-dependent proteins in bone has revealed this vitamin's most important function, it has a critical role in the development of your bones, by acting as a regulator and a director of calcium in the tissues.

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absolutely essential to build strong bones, and it helps to promote heart health. Vitamin K helps guide calcium towards the areas of the body where it is needed, such as your skeleton, and bones and away from areas where it could have a negative effect, such as your arteries, heart

and cardiovascular system.

Green leafy vegetables usually supply the vitamin K for the majority of Canadians however, many foods considered rich in vitamin K-2 have proven to contain far less than we hoped or believed. But let's face it, we never seem to eat enough spinach.

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# LOCAL NEWS

■ **ENTERTAINMENT:** TV show wants to profile Niagara homeowners

## It pays to be unhandy

**RAY SPITERI**  
QMI Agency Niagara

Wanted: Niagara's unhandiest homeowners. Why? To be featured on a television show.

Bonus: Receive a major home renovation for free. Mountain Road Productions is casting a new series called *I Wrecked My House* and is looking to cast two homeowners in Niagara.

"The homeowners who are cast for the show will receive a free home renovation.

We are focusing on smaller towns. You can find some really funny and interesting characters in small towns," said communications and post-production manager Margaret Robitaille.

"They respond well to TV shows com-

ing to their communities."

*I Wrecked My House* is an HGTV Canada series hosted by comedian Steve Paterson that features eccentric, kooky and unconventional approaches to home repairs.

The series aired as a one-hour special on HGTV last April and has just been picked up for 14, half-hour episodes that are set to begin filming this fall.

The series highlights some of the unique and outside-the-box approaches to home maintenance and the show is looking for homeowners that take a more "MacGyvered" (take something and make it something it shouldn't be) approach to do-it-yourself fixes in their home.

Robitaille said the show is looking for two homeowners in Niagara, which would allow them to film two shows in the area.

In the past, the show has featured homeowners who have gone beyond strange, wacky and extreme jerry-rigged fixes, including someone who used a fridge to support their house, a person who used a diaper to deal with a leaking pipe under a sink, and another homeowner who used a plastic bag as a curtain to keep cold air out.

Robitaille said in one instance, a homeowner had a live wire dangling above their sink with a sign saying "live".

She said the show is not meant to insult anyone. It's meant for "fun-loving" people with a "good sense of humour" who don't take themselves too seriously.

"It's like a comedy of errors." Robitaille said people can e-mail their submissions, which should include a story of what



PHOTO COURTESY OF MOUNTAIN ROAD PRODUCTIONS

A new TV series called *I Wrecked My House* is looking to cast two homeowners in the Niagara region. The homeowners that are cast for the show will receive a free home renovation.

they have done to their home, photos of the repairs, photos of themselves or the not-so-handy person they're nominating, and contact information, to casting@mountainroad.ca.

Robitaille said people interested in submitting should do

so quickly because production is scheduled to start this fall. For more information, visit [www.mountainroadcasting.ca](http://www.mountainroadcasting.ca) or call 613-237-4447.

ray.spiteri@summedia.ca  
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■ **COMMUNITY:** Walker Centre members honour memory of Marty Samosh

## Inspiration powers riders in the Big Move

**JULIE JOCSAK**  
QMI Agency Niagara

They've been riding for six years, but this year it was personal.

The annual Big Move bike ride Sunday in support of the Walker Family Cancer Centre was dedicated as being "Inspired by Marty". Riders paid homage to much-loved oncologist Marty Samosh, who lost his 14-year battle with lymphoma in March this year.

"We are so touched that everyone has Marty in their minds and hearts," said his wife, Rosalie Samosh. "This whole ride is paved with a lot of angels — a lot of people who have battled cancer and their families, and our hearts go out to all the heroes out there still fighting."

"Marty did lose his battle in March, but his dream of finding a cure is still out there and we are so grateful that he is remembered today in such a positive way."

She said each of the nearly 50 riders from the Walker Family Cancer Centre Cycles team handed her a yellow rose as their way past the finish line, where she was cheering on the riders.

She had company, too. Staff and students of Grapeview School, where Rosalie Samosh is a Grade 3 teacher, came out to cheer along with her. This is the third year that Grapeview School has shown its support for the Big Move.

"It's important for the kids to give back. We need to start teaching them at a young age that it's important to be a community citizen and give back to your community," said Pam Shonewille, a Grade 1/2 teacher there who helped start Grapeview's involvement three years ago.

"It's personal to all of us this year," added Grapeview principal Shelley Febmaier.

It was "inspiring" to see the school's involvement, said

Paulanne Jushevich, president and CEO of the St. Catharines Hospital Foundation.

"If we can bring in increased community support like that, it would be very important for the success," she said.

About 525 riders participated in this year's event with a goal of raising \$400,000. Beginning and ending at Club Roma, cyclists had a choice of riding a 30-, 60- or 100-km course. The ride has raised \$2.1 million since its inception in 2009.

The money raised by Sunday's ride will be used to purchase radiation and other diagnostic equipment for St. Catharines hospital.

"Monetarily, it's phenomenal," said Jushevich. "We should be closing in on \$2.5 million by the end of the day, but what we also need is the community backing.... That is very important to us."

julie.jocsak@summedia.ca

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### Walking Club - Everyone is welcome! – September 16 & 18

Interested in walking in Pelham? Interested in joining a Walking Club? Then join us! Tuesdays at Pelham Arena from 9-10 am and Thursdays at Fonthill Bandshell from 9-10:30 am. For more information, please contact (905) 892-2607 ext. 329.

## COMMUNITY EVENTS & NEWS

### Pelham Farmers' Market – May 1 until October 30 - Pelham Town Square

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**Pelham Votes on October 27, 2014!** Are you on the voters' list? Check to make sure you are by visiting [pelham.ca/2014-election](http://pelham.ca/2014-election) or stop by our booth at the Pelham Farmers' Market on Thursday Nights.

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## CALL FOR MEMBERS – CHRISTMAS IN PELHAM COMMITTEE

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■ **ACCOUNTABILITY:** Provincial legislation will allow ombudsman to investigate public complaints against municipalities

# Ontario's watchdog could get more teeth

ALLAN BENNER  
QMI Agency Niagara

Being investigated by the Ontario ombudsman's office is like having "someone come through and inspect your cleaning with a white glove," says Niagara Falls Mayor Jim Diodati.

And when those white gloves turn grey, it becomes apparent "you can always do a better job, no question about it."

Soon, the ombudsman's white glove could be used to look into more than just the legality of municipal meetings held behind closed doors.

The province plans to give the office of Ontario ombudsman Andre Martin extra powers, allowing it to also investigate public complaints about decisions made by local governments.

Linda Williamson, a spokeswoman for the ombudsman's office, said the province's Accountability Act legislation, derailed by the May provincial election, was reintroduced and passed first reading July 8.

Diodati said welcomes the additional scrutiny from the province's watchdog — even though he's the head of a council that was subjected to ombudsman investigations into closed-door meetings twice over the past few years.

"Anything that calls for more transparency, I'm very much in

favour of," Diodati said.

"I think that's the way to go." Although municipalities are already held to a high standard, St. Catharines Mayor Brian McMillan said he would welcome changes that could enhance accountability.

"Probably more than any other level of government — meaning federal and provincial — municipalities, I think, are the most accountable to the people and always have been," he said.

"But if there's a way to strengthen that and ensure that any concerns are properly addressed in an open and transparent manner, then I certainly support that."

Other representatives of local municipalities were less receptive.

"The municipal sector, in addition to the ombudsman's oversight of the open meeting legislation, has more accountability controls in finance, in planning, in every area of municipal operation," said Welland Mayor Barry Sharpe.

"So bringing in another level of accountability oversight seems to me to be overkill."

Welland is in the midst of its first ombudsman investigation, looking into an in-camera meeting held in February.

In-camera, or closed door, meetings in St. Catharines, Pel-

ham and at Niagara Region and the Niagara District Airport Commission, as well as several closed-door meetings in Fort Erie, were all under the ombudsman's microscope in recent years.

Sharpe said he's particularly concerned about the time and money small communities will have to commit to investigations if the ombudsman's office is also permitted to look into public complaints.

"It would definitely have an impact on municipal organizations. In particular, small municipalities could be in a situation where their resources were tied up almost continuously dealing with complaints related to what the act called maladministration. That's the issue," Sharpe said.

"That's the reason I asked the chair of regional council (Gary Burroughs) to get it on our agenda at the Region, and why I was hopeful it would be a matter for discussion at (Association of Municipalities of Ontario) conference."

McMillan and Diodati agreed the new legislation could be a burden on smaller communities.

"But democracy isn't cheap," Diodati said.

"We're democratic or we're not. People, if they're going to have an open and free vote, they need to have all the facts before they make a decision."

The legislation, Diodati added, "will force people when they know they're going to be scrutinized ... I think it'll encourage them to make good decisions. And I think that's key."

It has also been a topic of concern for the Association of Municipalities of Ontario, the body that represents 444 cities, towns and villages across the province.

Board member and Niagara-on-the-Lake Coun. Jim Collard said it was discussed at the recent AMO conference, although he said detailed information about it has yet to be provided to members.

He said he hopes the association's questions about the legislation will be answered later this fall.

"We hope that we'll get a chance to see it at the memorandum of understanding sometime in the fall. We understand that we will," he said.

Niagara's integrity commissioner, George Rust-D'Eve, said the proposed legislation has him wondering what the act is expected to accomplish that's not already being done by municipalities themselves.

For instance, while the ombudsman would be able to investigate the process politicians followed in making their decision, it's assumed he would not get authority to decide an issue — only to tell municipalities to start over if the process was flawed.

"I'm concerned. It seems to be a drawback from what had previously been decision making by the legislature to basically expand municipal powers to involve their own accountability and transparency."

"Municipalities were given the power to appoint integrity commissioners, among other officials, and to draft codes of conduct," he said, referring to the amendments made to the Municipal Act in 2006.

"I think that system has been working fairly well."

The Toronto-based lawyer, who works as

an integrity commissioner for several other Ontario municipalities, said the new legislation will essentially give the ombudsman's office jurisdiction "over municipal ethical matters by having basically the power to investigate any decision or recommendation in the course of the administration of a municipal government."

Rust-D'Eve said the legislation is not clear about the role of the ombudsman's office with respect to municipalities that already employ integrity commissioners.

However, he said, "it appears that the provincial ombudsman may become some sort of an appellate tribunal from local decision-making."

While McMillan agreed the legislation needs clarification, he said he doesn't think "it's intended to circumvent the authority and responsibility of the integrity commissioners."

"I think that can be addressed as we go through the legislative process," McMillan said.

Williamson agreed there could be some overlap between the ombudsman's office and the work already being done by integrity commissioners.

"The whole idea of an ombudsman is that it's very broad," she said.

"We look at pretty much anything that has to do with provincial government service and all kinds of issues. ... It's very broad, and that's what we're meant to do."

Once the legislation is approved, Williamson said, the office will launch an education campaign to inform people about the changes.

Williamson said the legislation will also allow the ombudsman's office to investigate complaints about universities and school boards, while establishing a new patient ombudsman to look into complaints about hospitals and long-term care homes.

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THE TRIBUNE





■ **GOOD GRUB:** Writer looks at Niagara's flavourful history

# New book digs into Niagara's fab food

JOHN LAW  
QMI Agency/Niagara

Tiffany Mayer was a student in Regina 14 years ago when she realized how fragile Canada's food industry was. How buying cheaper imports went beyond saving a few cents.

At a taping for the CBC show *Counter-spin*, she watched a Saskatchewan farmer, in tears, explain how he was about to lose his farm.

"He said, 'I have \$9,000 to live on for the year, my wife is about to leave me, I'm about to lose everything,' she recalls. "He was like, 'How can I tell my son this is a good career to pursue?' That was like a Holy Cow moment for me."

She dove into agriculture journalism and brought her love of locally-grown food to Niagara, where she was an agriculture writer for most of her five years at

*The Standard* (2005 to 2010).

The stories were plentiful. Here was some of the country's prime fruit land, facing its own unique challenges.

"From a consumer's standpoint, we're incredibly lucky," she says. "We are in one of the most unique growing regions in Canada. There aren't that many places that can grow peaches and cherries."

"From the farmer's standpoint, I don't think anyone will tell you it's an easy job but they clearly are addicted to it. Or just don't know any different?"

Mayer still had plenty of stories to tell after leaving the paper, so she gathered them for her first book, *Niagara Food: A Flavourful History of the Peninsula's Bounty*.

Released last week, the 160-page book (*History Press*, \$22) probes the issues, success stories and constant surprises

Mayer found roaming the region's food industry.

Among other hurdles, "cheap imports" are a constant conundrum for local farmers.

"When people look at the price of a basket of peaches, for example, they say 'I can get cheaper peaches elsewhere. I don't think they really think about all that went in to growing those peaches."

"The cost to prune the tree at the beginning of the season, the labour to harvest the peaches, the time spent in the packing shed, the cost of shipping. People deserve to make a fair wage and have a decent standard of living."

Mayer describes the books as "Cole's Notes" to Niagara's food scene, offering insight into what to buy, when to buy it, and how to serve it. Chapters focus on farming, wine country cuisine, and local legends.

Her biggest challenge was trying to get the book finished before the birth of her daughter, Olivia.

The baby won that race, but releasing the book this month was a whole different kind of labour pain.

"I thought it would be exhilarating, and it's terrifying," she says. "I sort of feel like it's the second child I've given birth to this year, and this one I'm putting out there



MICHELLE DUBATISTA/STAFF PHOTO

St. Catharines resident Tiffany Mayer with her first book, *Niagara Food: A Flavourful History of the Peninsula's Bounty*.

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with Amazon.ca. Twitter: @Tiff-erooski.

The book is available at local Cole's and Chapters stores, along

john.law@summedia.ca



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# LOCAL NEWS

■ **EDUCATION:** Many area schools have international students enrolled

## Schools monitoring students for Ebola symptoms

DAN DAKIN  
QMI Agency Niagara

International students coming to Niagara from Ebola-plagued countries are being asked to watch for symptoms of the deadly virus.

Niagara Region's public health department has issued an advisory for schools with international students to monitor any one coming from countries dealing with the growing outbreak. Mandatory screenings, however, aren't required.

"Niagara Region Public Health is following the guidelines of Public Health Ontario and those are based on a risk assessment," said Jessica Hopkins, Niagara's associate medical officer of health. "There is no recommendation for a mass screening for students returning from affected countries."

Students from Nigeria and other affected countries attending Brock University, Niagara College and international private schools, such as Ridley College in St. Catharines and Ni-

agara Christian Community of Schools in Fort Erie, are asked to watch for symptoms for a 21-day period since they left Africa.

"If they develop the symptoms, we have plans in place that involve the school and the Niagara Health System," Hopkins said. "They will be immediately put into isolation and assessed. Then it will be determined if they might have (Ebola)."

A patient last week was put into isolation at St. Catharines hospital after displaying Ebola-like symptoms. The person, who's age, sex or nationality was not released, was quarantined for three days before test results came back negative for Ebola.

Brock University media relations manager Jeff Stinibaldi said the school has 1,900 international students, including 50 from West Africa. Niagara College marketing and communications director Dorita Pentecost said there are about 50 students from Nigeria enrolled at the school this year.

Both schools said they've

been in contact with public health and are following their guidelines.

"We've issued communications to the international students from Nigeria and passed on information from public health," Pentecost said.

Mark Thiessen, principal at the Niagara Christian Community of Schools in Fort Erie, said he was contacted by the public health department regarding screening and surveillance procedures.

The private school has 220 students in grades 6 to 12 from 15 countries. Thiessen said there are "several" from Nigeria and that school staff are helping monitor them for any symptoms.

Hopkins said it's important to note the virus cannot spread from person to person when there are no symptoms present during the 21-day incubation period.

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■ **ENTERTAINMENT:** Ceremony set for Sept. 30 in Niagara Falls

# Niagara Music Awards announce nomination

## JOHN LAW

QMI Agency Niagara

The nominations are in for the seventh annual Niagara Music Awards.

Rockers Step Echo, alt-country group Phantom 309 of Niagara Falls, and St. Catharines hip hop/funk ensemble Theatre Crisp lead the way with multiple nominations for the Sept. 30 show in Niagara Falls.

The nods were announced at Boston Pizza in Welland last week.

**WHAT:** 7th Niagara Music Awards

**WHEN:** Sept. 30, 7 p.m.

**WHERE:** Taps Brewhouse & Grill, 4680 Queen St., Niagara Falls

**TICKETS:** www.niagamusicawards.ca

"It feels amazing and I am grateful," says longtime Niagara Falls country singer Barb Collins, who collected three nominations including songwriter of the

year.

"We had a lot of (entries)," says co-organizer Erin Visentin, who adds some categories were too good to limit to five nominees. New group of the year has eight nominees, while original song of the year has 13.

"It's a little more exciting," she says. "We didn't have a limit this year."

Even so, categories for blues, jazz and country artist of the year didn't receive enough submis-

sions and were cancelled.

The event has faced some criticism over charging artists a fee to enter.

"Most of us don't see the value in an awards show that asks to pay to be nominated for awards," writes Phil Taylor of Welland band Xprime on the Niagara Music Awards' Facebook page.

But Visentin says until sponsorships can cover the entire cost of the show, entry fees are necessary. She hopes to eliminate them

by next year.

"I wanted to do this year, but we just couldn't," she says. "We're learning from this year and moving on to next year already."

This year's show will once again be on Queen St. in Niagara Falls, but moves from the Seneca County Theatre to Taps Brewhouse & Grill, where it will be outdoors. Tickets are \$15 advance, \$20 at the door.

john.law@sunmedia.ca



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## And the nominees are...

Nominations for the seventh annual Niagara Music Awards:

### Adult Contemporary Artist of the Year

Cory Cruise, Jamie Derek Moore, The Rio Trio

### Album of the Year

Ivy Coast, Phantom 309, Step Echo, The Ages, The Anti-Q's, Theatre Crisp

### Electronic Music of the Year

The Status, Update, Todd Murphy

### Engineer of the Year

Ruben Ancibia, Straight South

### Female Vocalist of the Year

Barby Collins, Gail D. Genevieve-Renee Blisson, Jane Baker, Katey Gatta, Paige Kopp

### Folk Artist of the Year

Phillip Bosley, RK Walker and Amp

### Hip Hop Artist of the Year

The KaC Himself, Ill Table Manners

### Instrumentalist of the

### Year

Ashram, Garage, Paul Layton, The Rio Trio, X Prime

### Male Vocalist of the Year

Cory Cruise, Andy C, James Underwood, Kyle Petch

### Music Video of the Year

Avenue Inn, Donny Yonder, Ivy Coast, Step Echo, Theatre Crisp

### New Artist of the Year

Carina Frammartino, Diana Williamson, Garrett Bell, Jamie Derek Moore, Katey Gatta, Slooky

### New Group of the Year

Ardent, Ashram Garage, Avenue Inn, Ivy Coast, Phantom 309, Slightly Altered, The May Sides, The Rob Graham Band

### Original Group of the Year

Ashram Garage, Avenue Inn, New Franchise, Phantom 309, Step Echo, Stereo Sunrise, The Rio Trio, Theatre Crisp

### Original Song of the Year

Ardent, Avenue Inn, Barby Collins, Jane Baker, Katey Gatta, Linda Tamburri, MJ Laflair,

Paige Kopp, Phillip Bosley, Step Echo, Slightly South, The Ages, Theatre Crisp

### Producer of the Year

Ruben Ancibia, Phantom 309

### Progressive Rock Band of the Year

Avenue Inn, New Franchise

### Rock Group of the Year

Ardent, Blame the Neighbour, Border City Beatdowns, Cops of Commission, Phantom 309, Step Echo, Stereo Sunrise, The Ages

### Songwriter of the Year

Ashram Garage, Barby Collins, Cory Cruise, Diana Williamson, Garrett Bell, Jane Baker, Katey Gatta, Kyle Petch, Paige Kopp, Phantom 309, Straight South, The Rob Graham Band

### Best Bar Band

To be determined by online vote People's Choice award to be determined by online vote. Not enough entries for the Blues category, Heavy Metal and Jazz categories.

### Special Achievement Awards

Dallas Green, Ron Sexsmith, Deadmau5

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# LOCAL NEWS

■ **MUSIC:** Mouse vs. Mau5, Round II

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# Deadmau5 fires back at Disney

JOHN LAW  
QMI Agency Niagara

The Deadmau5 vs. Disney battle of 2014 has just escalated.

A day after the corporate media giant filed a 171-page trademark opposition against Deadmau5 for his famed headgear, the Niagara Falls-born entertainer — real name: Joel Zimmerman — had his lawyer send a cease and desist letter to the company.

The letter alleges Disney uses one of his most popular tracks, Ghosts 'n Stuff, for an animated clip on its website without his permission. The video features about 90 seconds of Zimmerman's music to accompany clips of old Mickey Mouse animation, for a short called *Re-Mick*.

"We just hit them back pretty hard," Zimmerman said last Thursday. "They've been infringing on my rights the whole time."

Zimmerman scanned both pages of the cease and desist and posted it on his Twitter page. "Oh, @Disney just in case you don't check your e-mail, I'll just leave this here," he wrote.

He later added: "It takes 'em 10 years to oppose a trademark, let's see how long it takes 'em to take down a video'."

Not long, apparently. The link Zimmerman attached in his tweet was inactive by Friday, redirecting to the DisneyParks.ca home page.

The cease and desist letter, drafted by Zimmerman's L.A.-based attorney Dina LaPoli, says Zimmerman was under contract with EMI Music Publishing when he composed the track, and is "unaware of any licenses(s) between Disney and EMI... granting Disney the right to synchronize the Composition with the Infringing Video" or exploit the master recording "in any manner or media."

On Wednesday, the company made a move to block Zimmerman from trademarking his familiar Maus head in the U.S., a



REUTERS

Deadmau5 poses on the red carpet during the 40th Juno Awards in Toronto on March 27, 2011, file photograph.

prominent part of his music and branding since his first album in 2005. Disney claims the image is too similar to its iconic mascot Mickey Mouse, who first appeared in the 1928 animated short *Steamboat Willie*.

Zimmerman applied through the U.S. Patent and Trademark Office last year. He already owns the Maus head image in 50 other countries.

As part of its opposition, Disney contends it "owns long-standing rights in its mouse ears mark," and that Zimmerman's maushead will create confusion.

"Disney doesn't want me to file in the U.S. for some weird reason," Zimmerman said. "I'm trying to set up a jousting match in the Magic Kingdom to settle the matter."

In a written statement to media, LaPoli wonders why Disney is "only now coming after Deadmau5" since the electronic music producer has been using the maushead "in the U.S. and around the world" for nearly a decade.

"Our client will not be bullied by Disney and is prepared to fight to protect his rights to his property," Disney responded with a statement sent late Friday. "Disney vigorously protects its trademark rights, and we oppose Mr. Zimmerman's attempt to register a logo that is nearly identical to our trademarks for his commercial exploitation," said a spokesperson.

"Our opposition is not about the use of the Deadmau5 costume. The music was appropriately licensed, and there is no merit to his statement."

It's not the first time a Niagara native has squared off against Disney.

In 2000, Fonthill architect Edward Russell and business partner Nicholas Strackoff of Buffalo negotiated an undisclosed settlement after a Florida jury awarded them \$240 million based on a finding the company used their design for the World Wide of Sports park.

The 60-hectare facility opened in 1997, a decade after the idea was pitched to Disney officials.

## ENTERTAINMENT

# Port Colborne comedian nominated for major award

DAN DAKIN  
QMI Agency Niagara

Port Colborne comedian Joe Crawford has been nominated for a prestigious American comedy award.

The Artists Music Guild named the 30-year-old as a nominee in the best comedian of the year category for its Heritage Awards. The ceremony will be held Nov. 15 in Monroe, N.C.

"It's an honour and a shock," said Crawford, who hosts the *Niagara Dines* show on the Sun Media newspaper sites across Niagara. "I don't see myself as doing it to win awards. I do it because people enjoy it. I want to make people happy and laugh. To be recognized for it... is knowing I'm doing something right."

Crawford has been performing for 12 years and said he didn't know someone held his name in for the award until the organizers told him he made the list of 25 nominees in June.

"I knew nothing about it. I got an e-mail in June saying I was nominated," he said.

In July Crawford found out he made the shortlist of the final five nominees. He's now planning to head to the awards ceremony in November, where he and the other finalists will perform before the televised show is taped.

Crawford hosts the *Joe Show*, a radio and online broadcast each week. His next season premieres Oct. 1.

"I think my comedy people can relate to. Maybe it's different because of the Canadian aspect and because a lot of people talk about certain subjects where I'm 30 so I'm not talking about marriage or anything. I can relate my comedy to whoever," he said.

Crawford said he's the first Canadian comedian to receive a nomination in the five-year history of the AMG Heritage Awards.

The comedian will be performing at the Port Colborne Terry Fox Run Sept. 14.

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# LOCAL NEWS

## TWO OF NIAGARA'S PREMIER RETIREMENT FACILITIES



**The Community of Lookout Ridge invites you to...  
Our Annual Alzheimer's Coffee Break & Bake Sale**

Tuesday, September 23rd  
from 1:30-3:00pm  
Join us for music with Brad Boland  
along with some delicious treats!  
Donations for the Alzheimer's  
Society will be accepted at the door.  
Please **RSVP to 905-892-9218**

**You are also invited to a FREE Alzheimer's Education Presentation**

At Lookout Ridge, on Thursday, September 25th from 6:30-7:30pm.  
Join us in our Chapel for an informative presentation from a member of the Alzheimer's Society.

For more information or to **RSVP** to this event, call **905-892-9218**

1505 Lookout St, Fonthill, ON L0S 1E5

[www.lookoutridge.ca](http://www.lookoutridge.ca)



**Portal Village is hosting our annual  
Alzheimer's Coffee Break**

September 19th, 2014

1:30-2:30pm

Music with Dan & Mark. Light food and refreshments  
to enjoy. Donations for the Alzheimer's Society will be  
accepted at the door.

Please **RSVP 905-834-0322**

300 Elgin St, Port Colborne, ON L3K 6A3

[www.portalvillage.com](http://www.portalvillage.com)

## STORM

# Pelham arena struck by lightning

QMI Agency Niagara

Lightning blasted a hole through the roof of Pelham Arena last Friday morning, damaging the electrical system of the aging facility.

Mayor Dave Augusyn said lightning struck the building during a severe thunderstorm at about 10:30 a.m.

"It opened up a portion of the roof and affected our telephone, Internet and electrical systems," he said.

No injuries were reported as a result of the incident.

Augusyn said the damage is repairable.

But since the town is now looking into replacing the 39-year-old facility, he wondered about the timing of the lightning strike.

"Is somebody trying to tell us something?" he said with a laugh.

Augusyn said Kitchener-based consultant AECOM provided town council with a "pretty damning assessment" of the building in July, saying "it is on its last legs."

He said the town has since started working towards making a new arena a reality, with plans to also consult with representatives from a cross section of arena users.

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Downtown St. Catharines  
905-682-7600  
[transitionsfurniture.com](http://transitionsfurniture.com)

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Hygiene Services  
Root Canal



**Tooth Whitening**  
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- Boys dress code pants  
Navy, 4-16  
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From September 11<sup>th</sup> to September 14<sup>th</sup>, 2014

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## ■ COMMUNITY

# A new weekly calendar to promote your events

QMI Agency Niagara

Got an event you need listed? We have a new e-mail address for you.

Effective immediately, there will be one address for anyone who wants us to publish an event in *The Tribune, The Standard or the Niagara Falls Review*.

We are doing away with separate listings for each newspaper — that means Datebook in *The Tribune*, community Do It! Listings in *The Standard* and Community Calendar in *The Review*.

In their place, we are combining them into one complete listing that will run in all three

papers. We are calling it Niagara Calendar and the e-mail address you should now only use is [Niagara.Calendar@sunmedia.ca](mailto:Niagara.Calendar@sunmedia.ca).

We're hoping this will streamline the way you submit an event and give your event a wider audience.

Listings will not appear by date, but under relevant categories — Music, Theatre, Nightlife (bands playing at local bars), Community and the catch-all category, Other Stuff. Please keep it to events with specific dates; we will not list ongoing programs.

They will be published every Thursday, and the deadline to submit is Monday by 10 a.m.

Niagara Calendar listings are free and will run, space permitting.

We ask that you submit your listing in the following format, otherwise it cannot be published: NAME OF EVENT OR ORGANIZATION IN CAPS; What's happening, Date, time, place, address, Contact information, phone or website.

You can also submit your event to our online UR section. This is separate from the Niagara Calendar submission and only appears online. Go to our web page, look for the heading, 'Events' down the right side, click on 'Add an Event' and follow the prompts.



**HAVE FUN,  
MEET NEW FRIENDS  
AND GET EXERCISE  
WITHOUT EVEN  
KNOWING IT!**

## JOIN PELHAM PANTHERS BASKETBALL

To register, please visit our website at:

**[www.pelhambasketball.ca](http://www.pelhambasketball.ca)**

(You can now also pay with Paypal)

All Select and House league coaches will attend a No Limit Performance Coaching Clinic

Registration Forms also available at both Pelham Libraries.

Info on rep/travel teams available on our website.

Many more Select Team opportunities! Tryouts in September

Development focused House League Divisions.

**"No Limit Performance"** will be holding basketball clinics for both the house league and rep teams.

For more information see

**[www.pelhambasketball.ca](http://www.pelhambasketball.ca)**



Register soon to ensure a spot.

**2015 Adult Memberships**

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**CLEARANCE  
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Now is the time to **SAVE** on a truck load of luxurious mattresses!

**SAVE UP TO  
\$300<sup>00</sup>**



Come and experience the ultimate luxury and comfort of a Kingsdown Sleep System. Kingsdown's pressure relieving technology contours to your body so that your dream of comfort and support can come true.



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880 Foam  
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800 Foam Encased Pocket Coils with  
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## THE ORIGINAL

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THE TRIBUNE

## Police nab drivers as school resumes

Niagara police stopped 280 vehicles last Tuesday during Operation All Hands on Deck, as students returned to school across the region.

Police say 145 provincial offences notices were handed out as part of the 14th annual traffic and safety awareness day. Of those, 86 were for speeding. In Welland, a driver was caught

driving 82 km/h in a posted 40 km/h Community Safety zone, while a driver in St. Catharines was caught going 71 km/h in a school zone.

Officers handed out four tickets for distracted driving and 11 tickets for seatbelt/child safety violations. Police reported a high rate of road safety compliance, but remind drivers they will continue traffic safety programs in school zones and will target aggressive driving, driving while distracted and those in violation of restraint/seatbelt safety.



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**RON PARTON**  
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*Pharmacists*

## PREVENTING DEHYDRATION 101

Many of us may not think about it, but with the combination of warmer temperatures and increased activity, our bodies are losing more water than usual. If we do not replace the fluids that are lost, we are putting ourselves at risk of dehydration. The common feeling of being thirsty is the body's way of letting us know that it is becoming dehydrated and needs the loss of water to be replaced. This signal should not be ignored, so when you feel thirsty, it's time to get a drink of water. The problem arises when the person does not have close access to water or if they become dehydrated very quickly from too much heat exposure or exercise. At this point the symptoms of dehydration are more serious and may include weakness, dizziness, fainting, decreased urination, or deeply yellow-coloured urine. A person with any of these symptoms may require medical attention.

Fortunately, there are some very simple steps that you can take to prevent dehydration. Always bring extra water with you – especially for outdoor events or if working outside. Wear light-coloured and loose-fitting clothing as it will keep you cooler on hot, sunny days. Try to avoid exercise and exposure during high heat index days or at least limit time spent in the heat by finding a shaded area to cool down. Limit alcohol consumption, because alcohol increases water loss leading to dehydration.

It is important for everyone to keep hydrated, but it is especially important to ensure that children and elderly people are getting enough fluids. It may be difficult to get children to drink lots of water throughout the day, so providing them with snacks of fruits and vegetables that have high water content will help to replace those lost fluids. Some of the most hydrating foods include cucumber, iceberg lettuce, tomatoes, watermelon, strawberries, and cantaloupe.

Warmer weather and sunny days are ideal for outdoor events and activities, but please keep in mind our tips for staying cool and hydrated this summer season!

**BOGGIO & PARTON PHARMACY**

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## Beat the temptation.

**smokers' HELPLINE**  
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TOLL-FREE

**1-877-513-5333**

**COMMUNITY LIVING**  
Welland Pelham

### Jackie's Walk 2014

**Saturday September 13, 2014**

**Peace Park/Steve Bauer Trail**

**Town of Pelham**

**20 Pelham Town Square**

**Fonthill**

**9:30am - Registration**

**10:00am - Yoga Warm up**

**10:15am Walk**

**Join us afterward for Entertainment**

with **Dan Kozar**, Food and Fellowship  
at Peace Park

Visit [www.cl-wellandpelham.ca](http://www.cl-wellandpelham.ca) for  
more information. If you don't want to  
Walk/Run/Bike or Wheel, come for the  
after party. Open to all!!!

All money raised goes to  
Community Living Welland Pelham

Thank you to our partners

**THE TRIBUNE**

**Pelham**  
NIAGARA

**McDonald's**  
i'm lovin' it

Guest's - Welland's Royal Court

Jackie's walk is named after Jackie Espaniel, a 20 year employee of Community Living Welland Pelham. She was a senior support worker and was highly respected by everyone. We walk in her memory, in honor of the dedication and commitment she demonstrated, and in celebration of her life.



**WELLAND ROSE FESTIVAL**

# KID'S HELP PHONE



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24 HOURS  
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## Administrative Assistant – Clerk's Dept.



The Town of Pelham is now accepting resumes from applicants with a two year college diploma in public administration or related field and 1-3 years of experience in municipal government, preferably within a clerk's department. This full-time opportunity is offered at \$41,860.00 - \$49,249.92 annually.

Visit [pelham.ca/career-opportunities](http://pelham.ca/career-opportunities) for more information and to apply by Thursday, September 18, 2014.

## P/T GENERAL LABOURER



The Town of Pelham is now accepting resumes from applicants with a Secondary School diploma and 3-5 years of experience in a municipal public works and/or parks and recreation department environment or related field. A Class DZ License is considered an asset. Hours of work will vary and include nights and weekends. This part-time opportunity is offered at an hourly rate of \$17.27.

Visit [pelham.ca/career-opportunities](http://pelham.ca/career-opportunities) for more information and to apply by Tuesday, September 16, 2014.

Employment Wanted    Employment Wanted    Employment Wanted    Employment Wanted    Employment Wanted    Employment Wanted

## Casual Sidewalk Snow Plow Operator



The Town of Pelham is now accepting resumes from applicants with a Secondary School Diploma and 2 years of experience working with small equipment. A DZ license is considered an asset. Hours of work will vary and include nights and weekends. Hourly rate is \$17.26.

Visit [pelham.ca/career-opportunities](http://pelham.ca/career-opportunities) for more information and to apply by Friday, September 19, 2014.

Produce/Food    Apartments    Business Opportunities

### Produce/Food

#### DEVRIES FRUIT FARM

Produce, (80% & 85% call to order) Fresh Vegetables, Apples, Preserves, Eggs, Honey - 4702 825 Canboro Rd. 1 km West of Fenwick Call 805-862-8724 Closed Sunday

TOMATOES - Paste, Fresh, Eggplant, Peppers, P.Y.O. South Farm 33885 Fenwick Rd. Westfield Call 805-862-3648

### Apartments

KINDERS LUXURY to Glen Park Dr. 1 & 2 bdrm apts. Park like setting. Extra storage. 802-734-9255 or 905-714-1350

### PORT COLBORNE COMMERCIAL

Renovated 2000 sqft commercial space close to downtown core. \$1400/m + gas & hydro. Front & back entrance. High profile corner with lots of parking. Avail Nov 1st. Call Bill Bakarekalis, Sales Rep Royal LePage Niagara Brokerage. 905-732-9091

Hey mom! Now that I'm back in school I found something for you to do. At 1400 hrs I can make money and still be home when I get home from school! The manager, Sarah, is waiting for you to call her at 289-339-1534. PS, I even heard they have exclusive "Hockey Mom" and "Frozen" products!! Seriously, Johnny

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Career Training    Career Training    Career Training

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Courses are tuition-free!  
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Location	Call for Information
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ST. CATHARINES Lifetime Learning Centre 535 Lake Street	905-646-3737

Learn the Microsoft Office, Windows, Internet, Graphics, Multimedia, Web Page, and more! Gain job skills, work experience, and if needed earn credits! (each site may vary in programs offered)

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[CommunityEd@dsbn.org](mailto:CommunityEd@dsbn.org) 905-687-7000



Miscellaneous    Miscellaneous    Miscellaneous

## 2014 MODELS CLEAROUT

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**905.835.9806**

**EWING**

## STOPPED CUSTOMER'S PAIN IN DAYS

**Nutritional Researcher Discovers a Natural Wonder That Wipes Out Pain and Inflammation, Boosts Immunity and Increases Energy Within a Few Days!**



Host of Transforming Health, one of the top internet radio shows, and bestselling author Brad King explains how an ancient earth mineral complex has helped thousands of people eliminate painful inflamed joints, avoid colds and flu, and increase their energy levels without having to resort to harmful drugs or stimulants.

A few years ago King, an award-winning bestselling author and nutritional researcher found himself in a peculiar situation. "I was hired as the keynote presenter at a health conference and was just about to go on stage when I experienced one of the worst bursts flare-ups I

had ever experienced." Bursts is an often times painful inflammatory condition that attacks the tiny fluid sacs responsible for reducing friction between joints.

"I had lived with shoulder pain for so long, it was more normal for me to be in pain than out of it,

but no matter what I tried, the pain would always come back." It was embarrassing to him, because he was about to take the stage as a leading health expert, when I couldn't even lift my arm because of the pain I was in," said King. "As a nutritional researcher I had tried almost everything out there, from fish oils to eggshell membranes and even combinations of ingredients that most others have never heard of before, but nothing seemed to get rid of my shoulder pain."

### FDA Issues New Warnings for Painkillers

That's the heading that appeared on the popular WebMD website a few years back. The FDA had just finished implementing new rules demanding tougher label warnings regarding the numerous side-effects associated with anti-inflammatory drugs or as they're commonly called, NSAIDs. Side-effects, from liver damage to stomach bleeding occur all the time in people taking these common drugs. In fact, Dr. Matthew Holman, deputy director of the FDA's Division of Nonprescription Regulation Development at the time said: "The regulations affect much of the U.S. population because over-the-counter pain relievers and fever reducers are some of the most commonly used drugs..."

King was well aware of the dangers of pharmaceutical drugs in the NSAID category, which is why he would only take them when the pain was unbearable and only for a day or two max. "Millions of people around the world pop these drugs like candy, never realizing how damaging they can be," said King. So you can imagine King's elation when a colleague of his handed him a bottle of LeafSource and said: "If this doesn't help you, nothing will." Not only did King's pain all but disappear within a few days, he

also noticed a lot more energy from using LeafSource. "I was always in pretty good shape and had a good deal of energy, or at least I thought I did," said King. "You don't realize how much better things can be until you discover that extra edge. Today I am pain free and in the best shape of my life and I owe a lot of that to my renewed ability to perform exercises I hadn't been able to perform in many, many years."

### Sick and Tired of Being Tired?

Unrelenting pain is far from the only thing people complain about these days. In fact, lack of energy is the number one reason people visit their doctors. Unfortunately, constantly feeling tired is often a by-product of our hectic, stressed out, sleepless, poor diet lifestyles and whether people want to hear this or not, the remedy cannot be found within a coffee mug or a soft drink with heart-break levels of caffeine added.

Stimulants like caffeine accomplish nothing more than depleting our natural energy reserves because they elevate stress hormones, which further eat away at natural energy. The end result is we become dependent on the temporary jolt we feel every time we consume them. Instead, why not take something completely natural that can actually support the energy cycle? LeafSource contains the full array of electrolytes (minerals that carry electrical charges), which act like mini batteries—providing a constant source of electricity to living cells. A study presented in the Journal of Physiotherapy Research

indicates that the 100 percent natural substances within LeafSource actually help our cells produce more energy, in a very real sense, LeafSource energizes the body's cellular batteries, making you just plain feel better.

### Strengthens Immune System

Forget all those so-called remedies for colds, flues and other viral outbreaks, because LeafSource contains specialized substances that aid in the development of a stronger immune system. University research studies have proven that LeafSource is excellent at supporting immune cells and building a healthy blood system, which is vital to overall good health. "I have witnessed too many older individuals who were constantly sick, suddenly get well and stay healthy by using LeafSource not to be completely convinced it works," said Rebecca Keeling, a registered nurse and Director of Care at a leading retirement facility.

**Improves Skin, Hair and Nails Aside** from reducing pain and inflammation, increasing energy levels naturally and helping to maintain a robust immune system, another benefit of this incredible discovery is it can help you maintain the health of your skin, hair and nails. It turns out, LeafSource also contains specialized nutrients that both increase and support the production of collagen, elastin and keratin, the main proteins required for beautiful skin, lustrous hair and strong nails. This is one of

the reasons some of the top beauty salons carry LeafSource, as their patrons swear by its almost miraculous beauty effects.

### All Natural Relief from LeafSource:

**Nature's Health Enhancer.**

Medical researchers—and the people who try it—are astounded by the health-enhancing benefits and now, you will be too. LeafSource is one of those rare products

that anyone and everyone could benefit from," says King. This is not yet another man made product, but actually a discovery from the fossilized remains of ancient, organic plant materials found only one place on earth. Simply put, LeafSource combines the earth's bounty and modern science in one of the most unique, university tested and remarkable 100% organic, vegan-friendly multipurpose health products available today.



introduced by  
**Brad King, MS, MFS**  
Nutritional Researcher and Best Selling Author

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## LeafSource

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